

Amendments to the Abstract:

The Abstract has been amended as listed below. Please replace the Abstract with the Abstract attached.

ABSTRACT

Product (1), and training equipment (2) comprising said product, to measure the effectiveness and efficiency of warming-up or winding-down physical exercises performed by an individual characterized in that it comprises a temperature sensor (3) to read the body temperature of said individual and means to monitor a variation in the body temperature of said individual produced as a result of said exercises compared to said temperature readings.